

Injury Prevention Tips To Avoid Traumatic Brain Injury

We know that 80-90% of all unintentional injuries are predictable and preventable.

Here Are Just A Few Suggestions:

- Always wear a seatbelt
- Restrain children in the age and size appropriate car seat
- Wear a helmet when cycling, in-line blading, tobogganing, skiing, snowboarding and for sports such as hockey and football. This can reduce brain injury by 80%.
- Supervise young children at play. Remember the number 5. A five year old should never play on equipment higher than five feet.
- Never drink or use drugs and drive or ride with an impaired driver. Plan ahead, use a designated driver, or take a cab.
- Assess risk for falls in your home, particularly for seniors. Simple things like removing scatter rugs, installing grab bars in bathrooms and the path to the bathroom, lighting hallways/stairs, and removing electric cords to avoid tripping, to prevent falls.

**In Summary follow these 5
SMARTRISK messages**

**Drive Sober
Buckle Up
Look First
Wear The Gear
Get Trained**

**If You Require Help After Discharge
Or For More Information Please Call:**

Community Resources

Hotel Dieu Grace Healthcare
Acquired Brain Injury Program
1453 Prince Road, Windsor ON N9C 3Z4
519-257-5458
www.hdgh.org/ABI

Brain Injury Association of
Windsor & Essex County
201-200 West Grand Blvd.
Windsor ON N93 3W7
519-977-7180
www.biawe.com

Ontario Brain Injury Association
P.O. Box 2338
St Catherine's ON L2R 7R9
Toll Free: 1-800-263-5404
www.obia.on.ca

Concussions Ontario Website
www.concussionsontario.org

Parachute Canada
Preventing Injuries - Saving Lives
<http://www.parachutecanada.org/thinkfirstcanada>

**You were referred to the ABI program at
Hotel Dieu Grace Healthcare on _____**

*Referrals are evaluated on individual and priority basis.
The ABI program will contact you with your appointment
date and time.*

**You were referred to Urgent Neurosurgical Clinic
at Windsor Regional Hospital on _____**

*Referrals are evaluated on an individual and priority basis.
You will be contacted with a date and time for your follow
up appointment.*

**COMPASSION is our
PASSION**

**1030 Ouellette Avenue
Windsor, Ontario N9A 1E1
(519) 973-4444**

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Traumatic Brain Injury

WHAT YOU NEED TO KNOW



What Is Mild Traumatic Brain Injury?

Mild traumatic brain injury is more commonly known as a concussion or closed head injury. It can occur when you strike your head during a car collision, fall, or are hit by something. It can also occur without striking anything, but by simply experiencing a force of energy like a fall.

If you have had a mild traumatic head injury, you may notice some of these problems after discharge:

- Headache
- Fatigue and becoming easily tired
- Dizziness or lightheadedness
- Sensitivity to light and/or noise
- Difficulty paying attention and concentrating
- Irritability and restlessness
- Forgetfulness and poor memory
- Difficulty controlling your emotions
- Disrupted sleep and excessive sleepiness
- Change in academic performance
- Behaviour and/or personality changes

What Do I Do If These Problems Occur?

Most people experience these problems at one time or another after seeking medical assistance. Call your physician only if they become more frequent, severe, or if you feel you need medication to assist with pain. Take it easy and return to normal day-to-day activities on step-wise increase to normal activities. You may also require a brain injury assessment or consultation.

You Should Definitely Seek Medical Attention If Any Of The Following Symptoms Develop After Having A Head Injury

- Increasing confusion
- Increased sleepiness or cannot be awoken from sleep
- Worsening headache
- Difficulty speaking, slurred speech, or speech that does not make sense
- Difficulty walking, staggering, or altered coordination
- Numbness in arm or leg
- Persistent nausea and vomiting
- Bleeding or clear fluid drainage from ears, nose or mouth
- Convulsions or fits: twitching or jerking movements of eyes, arms, legs or body
- Change in size of one pupil (black part of eye) compared to other eye
- Blurred or double vision or other vision changes

Concussion In Sports Return To Activity Guidelines

Whether a concussion is simple or complex, a player in sports cannot return to play without the approval of a physician. Your health care provider can suggest a step-wise return to usual activity. Concussions can have a cumulative effect.

Remember:

- You don't have to lose consciousness to have sustained a mild traumatic brain injury
- Problems usually go away without treatment
- If problems continue, get help. Call your physician

After Discharge Instructions

- You should not be alone for ___ weeks. Have a relative or friend stay with, as recommended by your doctor
- Refrain from drinking alcoholic beverages, including wine and beer
- Do not take sedatives, tranquilizers or other medications that may make you sleepy. Call your doctor if you have questions
- Avoid medications containing Aspirin or anti-inflammatory medications such as Ibuprofen (Motrin, ASA, Advil) and anticoagulants (Coumadin) or blood thinners (Plavix, Aggrenox) unless ordered by your physician. You may take Acetaminophen (Tylenol) or other medication that your doctor has ordered
- Avoid strenuous activities such as lifting, pulling, bending over or straining
- **Do not drive a car** or operate any machinery such as lawnmowers/saws
- Do not use ladders and avoid heights
- Do not return to work until instructed by your doctor
- Consult your physician before booking a flight